

# HOW DO YOU KNOW IF YOU HAVE SUBLUXATION?

How you feel just isn't the greatest yardstick to measure how well you're functioning. Well-being is more than just how you feel!

This definition of health is important when it comes to understanding that health or function is the entity and disease or infirmity is the non-entity. When your body is unhealthy or sick it's due to an absence of health or function. Health is the state of complete well-being regardless of the absence of disease or infirmity.

As a chiropractor who agrees with the viewpoint that health and well-being are the entity and disease and infirmity as the non-entity, I recommend to my clients that investing into your quality of life regardless of how you "feel" will produce the greatest return on your investment.

So, how do you know if you have vertebral subluxation? Using the criteria of headaches, neck pain or back pain may not be your greatest indicator of when to see the Chiropractor due to the inconsistency of pain and dysfunction occurring in correlation with each other. Dysfunction does occur without pain or symptoms. Vertebral subluxation can occur without headaches, neck pain or back pain.

So how do you know if you have vertebral subluxation if it's not solely symptomatology as a valid indicator?

Chiropractors are the trained professionals at locating, analyzing and detecting vertebral subluxation and the consensus within the profession is to use a multi-factor authentication approach to locate, analyze and detect vertebral subluxation similar to you providing two or more pieces of evidence to verify your identity for an app or website login.